THE GRACE METHOD

Companion Workbook

A Guide to Presence, The Delve & Lineage Integration

PHASE 1 — THE BASELINE & DEVIATION TRACKER

The Micro-Ritual Exploration

For the next few days, do not change your behavior, but be entirely present in the moment during your daily routines. Is there a pattern or something else that stands out? Once you notice a pattern for your own natural behavior, write that pattern down below as your baseline.

My Baseline Pattern:

Journal Prompt 1

The next time you catch yourself deviating from your baseline habit, stop and ask your energy: *"What is trying to distract me right now?"* Write down what surfaces.

My Notes:

Journal Prompt 2

Look back at a recent week or month where you felt totally disconnected or stuck on autopilot. Instead of judging that time, write a statement of celebration for the fact that you have broken the spell and are fully awake to yourself right now.

My Celebration:

Journal Prompt 3: The Aha! Sensation

Think of the exact second your mind connected your current physical trigger to an old protective memory. Describe that flash of clarity. What did it feel like to finally understand the past origin of that automated reaction?

My Realizations:

PHASE 2 — THE DELVE EXCAVATION

The Curiosity & Hidden Layer Exercise

Think of a specific situation, person, or memory that currently causes you tension, discomfort, or negative energy. Sit quietly and let your natural curiosity explore it. Write down what you observe when looking through the lens of curiosity rather than judgment.

My Observations:

Journal Prompt 4

Look at a habit or protective behavior you use when you feel threatened or stressed. How can you honor that past version of you while gently letting them know you are safe enough to outgrow it now?

My Letter to My Past Self:

Journal Prompt 5

When you acknowledge that everyone steps into a moment armed only with what they know at the time—and no more—what changes about the weight you are carrying? Write down your raw thoughts on letting go of the judgment.

My Thoughts on Releasing:

PHASE 3 — LINEAGE & INTEGRATION MAP

The Line of Energy Mapping

Visualize your lineage as a single, continuous thread of energy passing directly through you. Breathe deeply, allowing yourself to feel this energy line clearing out. Describe the sensation of that weight dissolving up and down your line.

My Integration Notes:

Journal Prompt 6

As you heal this specific wound for yourself, how does it comfort you to know that your ancestors are receiving that healing backward through time? How does it feel to know your future lineage will never have to carry it?

My Legacy Reflections:

Journal Prompt 7

Read your final Expansion Mantra aloud. Close your eyes and envision yourself living as completely Happy, Healthy, Healed, & Whole. What does a perfect, peaceful day look like in this state of absolute Grace?

My Vision of Grace:

"I am embracing my best self, best Self, my family, my community,
the world, the Universe, and the Multi-verse."